TREADMILLS • ELLIPTICAL FITNESS BIKE

2010

VISION FITNESS®

go with confidence™

be confident in yourself, in your vision, and in the products that can get you there. Vision Fitness...

go with **confidence**™

VISION FITNESS headquarters located in Cottage Grove, WI

Our company began as a division of Trek® Bicycle Company over 15 years ago, where we pioneered the development of the best fitness bikes in the industry. Today, as part of Johnson Health Tech NA, one of the largest fitness equipment companies in the world, we stay true to our heritage and offer the best quality, value, and customer service you will find.

awards & media

Vision Fitness® products are recognized with more "best buy" awards than any other fitness brand. Below is a list of these award-winning products:

T9200	Platform Treadmill	**Consumers Digest - February 2010**
T9250	Platform Treadmill	**Consumers Digest - February 2010**
T9200	Platform Treadmill	**February 2008**
T9200	Platform Treadmill	**February 2007**
R2250HRT	Semi-Recumbent Fitness Bike	**Health Magazine - Jan./Feb. 2007**
R2250HRT	Semi-Recumbent Fitness Bike	**Consumers Digest - February 2007**
E3200HRT	Upright Fitness Bike	**Consumers Digest - February 2007**
T9500	Platform Treadmill	**February 2006**
T9200	Platform Treadmill	**February 2006**
E3200HRT	Upright Fitness Bike	**BBC Focus U.K. - January 2006**
E3100	Upright Fitness Bike	**Men's Fitness U.K. - March 2005**
X6100	Folding Elliptical Trainer	**Health Magazine - Jan./Feb. 2005**
T9200	Platform Treadmill	**January 2005**
X6200HRT	Folding Elliptical Trainer	**Which? Magazine U.K. - August 2004**
E3000	Upright Fitness Bike	**Consumers Digest - February 2004**
T9200	Platform Treadmill	**January 2004**
T9200	Platform Treadmill	**May 2003**
R2000	Semi-Recumbent Fitness Bike	**Consumers Guide**
X6200	Folding Elliptical Trainer	**Consumers Digest - Jan./Feb. 2001**
R2200	Semi-Recumbent Fitness Bike	**Consumers Digest - Jan./Feb. 2001**
X6200	Folding Elliptical Trainer	**Consumers Digest - Sept./Oct. 1998**
R2200	Semi-Recumbent Fitness Bike	**Consumers Digest - Sept./Oct. 1998**
E4100	Dual-Action Upright Fitness Bike	**Consumers Digest - Sept./Oct. 1998**
E3200	Upright Fitness Bike	**Consumers Digest - Sept./Oct. 1998**
E4100	Dual-Action Upright Fitness Bike	**Consumers Digest - Nov./Dec. 1997**
R2200	Semi-Recumbent Fitness Bike	**Consumers Digest - Nov./Dec. 1996**
R2200	Semi-Recumbent Fitness Bike	**Consumers Digest - Sept./Oct. 1995**

Canadian Running, January/February 2009
T9600 Deluxe
"Vision builds treadmills with the option of buying each model in three different configurations: Simple, Deluxe and Premier. The three models reflect the complexity of the console features, allowing runners the option of buying the same quality treadmill at a lower price if they forego computerized bells and whistles. The durable 3-horsepower motor pumps out plenty of speed, while the orthopedic belt and eight variable-durometer elastomers reduce impact."

Los Angeles Times

LA Times, December 2005
X6200
"[The Vision **X6200**] is a full-featured model that folds up. Fits in a closet when not in use; foot pedals and rails lift to vertical position in seconds, reducing 7-foot length by half. Large dot-matrix screen. SPRINT 8® interval program delivers a fun, challenging workout in 20 minutes..."

Health, January/February 2007
R2250
"The step-through frame is just one of the comfort features on this body-friendly ride. Add the reclining seat, adjustable lumbar control, and 28 seat positions, and you might find yourself riding longer than you'd planned."

Winner of 28 Best Buys!

Vision Fitness offers only high-quality fitness products at an exceptional value that best help you achieve your fitness goals. Try an award-winning Vision Fitness treadmill at your local specialty fitness retailer.

TREADMILLS

Simple • Reliable • Comfortable

One of the many tools
we use to test treadmill life

simple

Vision Fitness makes it easy to fit a workout into your schedule. Our consoles are intuitive—just press “Start” and go. Our motivational programs are simple to navigate and have been designed by experts to produce real results. Achieve your goals with plenty of feedback from the easy-to-read display windows.

We make it simple for you to fit Vision Fitness® treadmills into your home with our space-saving **T9250** and **T9550** models. Both models fold easily and feature our exclusive “drop assist” system, which helps support the weight as the treadmill deck is lowered and lifted.

reliable

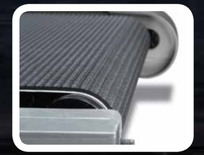
Reliability is about what’s under the hood. Start with our drive systems. We build and rigorously test all key components ourselves—both to ensure top quality and that they work together properly. We then case our motors in large, well ventilated compartments to keep the system running cooler and more efficiently.

Our decks and rollers are built for the long haul. We wax our decks, rather than use a cheaper silicon alternative, because prewaxed decks run for hundreds of miles without service. We then keep our belts aligned with high-quality, 2.5-inch crowned rollers, belt guides, and adjustable feet to extend belt life.

comfortable

Elastomers provide the support and cushioning that make up a treadmill suspension system. At Vision Fitness, we use elastomers of varying densities to create our “variable cushioning system.” This means that the level of cushioning and support varies throughout the deck, like it does on a quality running shoe.

Where your foot strikes the belt, we put softer elastomers to absorb the shock. Where your foot pushes off, we make it firmer for more support. We add even more comfort by making an orthopedic belt standard on our higher-end models.



get exactly what you want

Vision Fitness configured our folding treadmill frames so that they can be matched with any of our three console options. Simply choose the console that meets your needs, and add it to the frame that offers what you want. The result is the perfect treadmill for you!

1 choose your console

Key features found on all Vision Fitness® treadmill consoles:

- quick start button allows you to simply press and go
- speed and elevation quick keys provide easy, single touch adjustments while working out
- accessory tray w/integrated reading rack holds your cell phone, remote control, or mp3 player
- ergonomic handlebar with contact heart rate
- easy-to-read display
- elevation, time, distance, calories, speed, pace, and heart rate readouts

SIMPLE

- blue LED screen
- no programs
- easy operation
- quick keys
- telemetric & contact heart rate

DELUXE

- blue backlit LCD screen
- 3 LED feedback windows
- 18 programs, including SPRINT 8
- 3 user log-in profiles
- telemetric & contact heart rate

PREMIER

- full-color LCD screen
- 4 background scenes
- 21 programs, including SPRINT 8
- ATM-style buttons and quick keys
- telemetric & contact heart rate
- DVD capability

2 select your frame

Key features found on all Vision Fitness® treadmill frames:

- 2.5-inch crowned rollers reduce wear on the belt and help keep it centered
- one-inch prewaxed phenolic deck adds durability and longevity
- non-slip side rails grip your shoes for added safety and comfort
- variable cushioning system provides cushioning and support right where you need it
- side handlebars give added support
- front transport wheels allow easy movement
- large, ventilated motor cover keeps the system cooler for a longer life
- metal end caps will not break like most plastic end caps
- belt guides help the belt track properly

T9250

folding

- heavy gauge steel folding frame
- 2.5 hp digital drive system
- 137 x 51 cm / 54" x 20" workout area
- 2-ply belt
- 2.5" crowned rollers

T9550

folding

- heavy gauge steel folding frame
- 2.5 hp digital drive system
- larger 145 x 51 cm / 57" x 20" workout area
- 4.4 mm orthopedic cushioned belt
- maximum speed of 20 kph / 12 mph

3 the perfect treadmill for you

ELLIPTICALS

Smooth • Quiet • Comfortable

smooth

Don't pay for gimmicks or features you'll never use. At Vision Fitness, we add features specifically to help you achieve your goals. We offer long pedal arms and pivoting footpads for a natural and fluid stride. Our dual-action arms are designed to keep you in a proper upright position and provide smooth upper-body movement. We pioneered the friction-free magnetic resistance system with no wearing parts for maximum performance and durability.

Combine this system with our optimally-weighted flywheel, and you get the smoothest resistance mechanism available. When the resistance level is changed on the console (even in the middle of a workout), the transitions are smooth, gradual, and fluid.

Friction-free magnetic resistance and large Poly-V belts make our ellipticals exceptionally smooth and quiet

quiet

Many people read a magazine or watch TV while working out on a piece of home fitness equipment. They may work out in the early morning or late evening and do not want to disturb others. Knowing this, Vision Fitness developed our Quiet-Glide™ drive technology to ensure an extra-quiet workout. The large Poly-V belts on our elliptical trainers give them a competitive advantage.

The larger surface area puts less tension on the belt, producing less noise and resulting in a longer lifespan of not only the belt but the entire drive system.

comfortable

We focus on high-quality comfort features to keep your focus where it needs to be—on your goals. Because the footpads on our new X20 elliptical are so close together, they allow you to truly replicate a natural walking or running motion. Our flatter ellipse motion also produces a more comfortable stride. The stationary handlebars feature contoured heart rate grips for easy checks of your heart rate.

Unique, comfortable and contoured heart rate grips (found on the **X20**)

To top it off, the **X6200** comes standard with large cushioned footpads for better foot positioning. All of these features, combined with our elongated stride length, make our elliptical trainers more comfortable than competitively-priced trainers.

get exactly what you want.

Vision Fitness configured our elliptical trainer frames so that they can be matched with any of our three console options. Simply choose the console that meets your needs, and add it to the frame that offers what you want. The result is the perfect elliptical for you!

1 choose your console

Key features found on all Vision Fitness® elliptical consoles:

- quick start button allows you to simply press and go
- resistance level, RPM, time, distance, heart rate, calories, and watts readouts
- integrated reading rack
- program profile display illustrates the resistance level and how much of the workout is complete
- easy-to-read LCD display
- preset programs

SIMPLE	DELUXE	PREMIER
• LCD screen • 7 programs • easy operation • 16 levels of resistance • telemetric & contact heart rate	• blue backlit LCD screen • 7 programs • scrolling message bar • 20 levels of resistance • telemetric & contact heart rate	• blue backlit LCD screen w/upper display • 18 programs • program quick keys • scrolling message bar • 20 levels of resistance • telemetric & contact heart rate

2 select your frame

Key features found on all Vision Fitness® home elliptical frames:

- front transport wheels allow easy movement
- roomy footpads give plenty of space for a safe and comfortable workout
- handlebars come with contact heart rate sensors
- wide poly-v belts create less friction, resulting in a longer drive system lifespan
- properly-weighted flywheel provides smooth and consistent resistance

X20

- ECB magnetic brake
- 10.4 kg / 23 lbs. balanced flywheel
- standard footpads
- long 51 cm / 20" stride

X6200

- ECB-Plus™ magnetic brake
- 11 kg / 24 lbs. balanced flywheel
- oversized cushioned footpads
- long 50 cm / 19 3/4" stride
- multi-position dual-action arms
- patented folding feature

3 the perfect elliptical trainer for you

FITNESS BIKES

Smooth • Quiet • Comfortable

smooth

Vision Fitness® bikes provide years of maintenance-free performance without jarring or jerking, keeping your focus where it needs to be—on your goals. We pioneered the friction-free magnetic resistance system with no wearing parts for maximum performance and durability. Combine this system with our optimally-weighted flywheel, and you get the smoothest resistance system available. When the resistance level is changed on the console (even in the middle of a workout), the transitions are smooth, gradual, and fluid.

We build our bikes from the ground up and specify premium parts, such as sealed roller bearings, to ensure top quality. Vision Fitness will not cut corners, which is why we are the leader in the fitness bike industry.

Friction-free magnetic resistance and large Poly-V belts make our bikes exceptionally smooth and quiet

quiet

Many people read a magazine or watch TV while working out on a piece of home fitness equipment. They may work out in the early morning or late evening and do not want to disturb others. Knowing this, Vision Fitness developed our Quiet-Glide™ drive technology to ensure an extra-quiet workout.

The large eight-ribbed Poly-V belts on our 200 Series bikes give our products a competitive advantage. The larger surface area puts less tension on the belt, producing less noise and resulting in a longer lifespan of not only the belt but the entire drive system.

comfortable

At Vision Fitness, we add features specifically to help you achieve your goals. A bike's seat is your primary contact point and, because of this, we have always set comfort of the seat as a top priority. Our Comfort Arc™ seats, with body-contoured foam and free range of motion, will have you smiling for miles. They are designed to fit the majority of the population and are considered the most comfortable in the fitness industry. Our upright seats have a cutout in the nose to reduce pressure on soft tissue areas.

Comfort Arc™ Mesh reclining seat (found on the **R2250**)

Our semi-recumbent seats offer lumbar support, and the seat bottoms include two sets of mounting holes so the seat can be adjusted to the perfect position for you.

get exactly what you want

Vision Fitness configured our upright and semi-recumbent bike frames so that they can be matched with any of our three console options. Simply choose the console that meets your needs, and add it to the frame that offers what you want. The result is the perfect bike for you!

1 choose your console

Key features found on all Vision Fitness® bike consoles:

- quick start button allows you to simply press and go
- resistance level, RPM, time, distance, heart rate, calories, and watts readouts
- integrated reading rack
- program profile display illustrates the resistance level and how much of the workout is complete
- easy-to-read LCD display
- preset programs

SIMPLE	DELUXE	PREMIER
• LCD screen • 7 programs • easy operation • 16 levels of resistance • telemetric & contact heart rate	• blue backlit LCD screen • 7 programs • scrolling message bar • 20 levels of resistance • telemetric & contact heart rate	• blue backlit LCD screen w/upper display • 18 programs • program quick keys • scrolling message bar • 20 levels of resistance • telemetric & contact heart rate

2 select your frame

Key features found on all Vision Fitness® bike frames:

- front transport wheels allow easy movement
- premium sealed roller bearings keep bikes operating smoothly and quietly
- handlebars come with contact heart rate sensors
- Comfort Arc™ seats are considered the most comfortable seats in the industry
- three-piece cranks provide increased durability and a smooth feel

R1500

semi-recumbent

- ECB magnetic resistance
- supersilent poly-v belt
- 9.5 kg / 21 lbs. balanced flywheel
- Comfort Arc™ seat w/lumbar support

R2250

semi-recumbent

- ECB-Plus™ magnetic resistance & step-thru frame
- Quiet-Glide™ supersilent poly-v belt
- 11 kg / 24 lbs. balanced flywheel
- Comfort Arc™ Mesh seat w/recline

E1500

upright

- ECB magnetic resistance
- supersilent poly-v belt
- 9.5 kg / 21 lbs. balanced flywheel
- Comfort Arc™ upright seat

E3200

upright

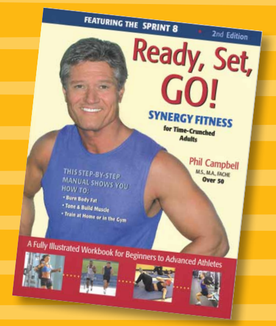
- ECB-Plus™ magnetic resistance
- Quiet-Glide™ supersilent poly-v belt
- 11 kg / 24 lbs. balanced flywheel
- Comfort Arc™ upright seat & armrests

3 the perfect bike for you

big results in little time

Fit in a workout anytime with our SPRINT 8® program, medically proven to give you the best 20-minute workout possible.

This unique program, found exclusively on Vision Fitness® products, was developed with Phil Campbell, MS, MA, and author of *Ready, Set, Go! Synergy Fitness*. Mr. Campbell is an expert in the field of anaerobic exercise, which has been cited by numerous medical publications as the cure for the "middle-age spread" or the energy decline, weight-gain, loss of muscle, and wrinkled skin we experience after age 30.


FEATURING THE SPRINT 8
2nd Edition
Ready, Set, GO!
SYNERGY FITNESS
for Time-Crunched Adults
Phil Campbell
M.S., M.A., FACSM
Over 50
THIS STEP-BY-STEP MANUAL SHOWS YOU HOW TO:
• Burn Body Fat
• Tone & Build Muscle
• Train at Home or in the Gym
A Fully Illustrated Workbook for Beginners to Advanced Athletes

Sprint 8

TREADMILLS SPECS

CONSOLE	SIMPLE	DELUXE	PREMIER
Display Type	BLUE LED	BLUE BACKLIT LCD w/UPPER DISPLAY	ADVANCED FULL-COLOR LCD w/ATM-STYLE BUTTONS, 4 BACK-GROUND SCENES
Display Feedback	Time, Distance, Calories, Speed, Elevation, Pace, Heart Rate	Time, Distance, Calories, Speed, Elevation, Pace, Heart Rate, % Heart Rate, Avg. Speed	Time, Distance, Calories, Speed, Elevation, Pace, Heart Rate, % Heart Rate, Avg. Speed, Avg. Pace
Workouts	No Programs	3 User Log-In Profiles, SPRINT 8®, 4 Classic Programs, 3 HRT® Programs, 3 Goal Programs, 5K, 10K, 5 Custom Programs	6 User Log-In Profiles, 6 Classic Programs (Including SPRINT8®), 4 HRT® Programs, 3 Goal Programs, 5K, 10K, 15K, 5 Custom Programs
Contact & Telemetric HR Sensors	Yes	Yes	Yes
Options	N/A	N/A	AV Ports for DVD Players, Training Calendar

FEATURES	T9250HRT FOLDING	T9550HRT FOLDING
Deck Type	1" Low Maintenance, Prewaxed Phenolic	1" Low Maintenance, Prewaxed Phenolic
Belt Type	2- Ply Anti-Static	Orthopedic Cushioned
Running Area	137 x 51 cm / 54" x 20"	145 x 51 cm / 57" x 20"
Cushion System	8 Variable-Durometer Elastomer Cushions	8 Variable-Durometer Elastomer Cushions
Rollers	2.5" Crowned With Large O.D. Bearings	2.5" Crowned With Large O.D. Bearings
Incline Range	0 to 12% Cambridge MotorWorks™	0 to 12% Cambridge Motor Works™
Speed Range	0.8 - 20 kph / 0.5 - 12 mph	0.8 - 20 kph / 0.5 - 12 mph
DRIVE SYSTEM		
Motor	Cambridge Motor Works™ 2.5 hp, Continuous-Duty	Cambridge Motor Works™ 2.5 hp, Continuous-Duty
Motor Controller	PWM w/ Fuseless Current Limit	PWM w/ Fuseless Current Limit
TECH SPECS		
In-Use Dimensions (L X W X H)	185 x 84 x 140 cm / 73" x 33" x 55"	193 x 84 x 140 cm / 76" x 33" x 55"
Folded Dimensions (L X W X H)	79 x 84 x 173 cm / 31" x 33" x 68"	79 x 84 x 180 cm / 31" x 33" x 71"
Product Weight	113 kg / 250 lbs.	120 kg / 265 lbs.
Maximum User Weight	148 kg / 325 lbs.	148 kg / 325 lbs.

*All product specifications are subject to change without notice.

ELLIPTICALS SPECS

	SIMPLE	DELUXE	PREMIER
CONSOLE			
Display Type	LCD	BLUE BACKLIT LCD	BLUE BACKLIT LCD W/UPPER DISPLAY
Display Feedback	Time, Distance, Calories, Level, RPM, Watts, Heart Rate, Program	Time, Distance, Calories, Speed, Resistance, RPM, METs, Watts, Heart Rate, % Max Heart Rate	Time, Distance, Calories, Speed, Resistance, RPM, METs, Watts, Heart Rate, % Max Heart Rate
Resistance Levels	16	20	20
Workouts	Manual, Muscle Toner, Intervals, Fat Burn, Incline, Rolling Hills, Mountain	SPRINT 8®, Manual, Intervals, Fat Burn, Mountain, Random, Watts	SPRINT 8®, Manual, Intervals, Fat Burn, Mountain, Random, Watts, 3 HRT® Programs, 3 Goal Programs, 5 Custom Programs
Contact & Telemetric HR Sensors	Yes	Yes	Yes

	X20	X6200
FEATURES		
Stride Length	51 cm / 20"	50 cm / 19 3/4"
Flywheel	10.4 kg / 23 lbs. Balanced	11 kg / 24 lbs. Balanced
Pedals	Standard Footpads	Oversized Cushioned Footpads
RESISTANCE SYSTEM		
Technology	ECB Motor-Operated Permanent Magnet	ECB-PLUS™ Motor-Operated Permanent Magnet
Drive Train	Supersilent Poly-V Belt	Supersilent Poly-V Belt
Power Requirements	Plug-In	Plug-In
TECH SPECS		
In-Use Dimensions (L X W X H)	188 x 76 x 163 cm / 74" x 30" x 64"	201 x 69 x 175 cm / 79" x 27" x 69"
Folded Dimensions (L X W X H)	N/A	107 x 69 x 175 cm / 42" x 27" x 69"
Product Weight	85 kg / 188 lbs.	90 kg / 199 lbs.
Maximum User Weight	136 kg / 300 lbs.	136 kg / 300 lbs.

*All product specifications are subject to change without notice.

BIKES SPECS

	R1500 SEMI-RECUMBENT	R2250 SEMI-RECUMBENT	E1500 UPRIGHT	E3200 UPRIGHT
FEATURES				
Handlebar Design	Console & Seat w/ Contact Heart Rate	Extended Console & Seat w/ Contact Heart Rate	Multi-Position w/ Armrests & Contact Heart Rate	Multi-Position w/ Armrests & Contact Heart Rate
Pedals	Self-Balancing w/ Easy-Adjust Straps	Self-Balancing w/ Easy-Adjust Straps	Self-Balancing w/ Easy-Adjust Straps	Self-Balancing w/ Easy-Adjust Straps
Seat	Comfort Arc™ w/ Lumbar Support	Comfort Arc™ Mesh w/ Recline	Comfort Arc™ Upright	Comfort Arc™ w/ Horizontal and Vertical Adjustment
Seat Rail	Sandblasted Steel	Aluminum, 28 Positions	Steel	Steel
RESISTANCE SYSTEM				
Technology	Motor-Operated ECB	ECB-Plus™ Motor-Operated Permanent Magnet	Motor-Operated ECB	ECB-PLUS™ Motor-Operated Permanent Magnet
Drive Train	Supersilent Poly-V Belt	Quiet-Glide™ Supersilent Poly-V Belt	Supersilent Poly-V Belt	Quiet-Glide™ Supersilent Poly-V Belt
Flywheel	9.5 kg / 21 lbs.	11 kg / 24 lbs. Balanced	9.5 kg / 21 lbs.	11 kg / 24 lbs.
Power Requirements	Plug-In	Plug-In	Plug-In	Plug-In
TECH SPECS				
Overall Dimensions (L X W X H)	145 x 69 x 119 cm / 57" x 27" x 47"	170 x 66 x 135 cm / 67" x 26" x 53"	102 x 66 x 127 cm / 40" x 26" x 50"	104 x 66 x 142 cm / 41" x 26" x 56"
Product Weight	46 kg / 102 lbs.	68 kg / 150 lbs.	37 kg / 82 lbs.	47 kg / 104 lbs.
Maximum User Weight	136 kg / 300 lbs.	136 kg / 300 lbs.	136 kg / 300 lbs.	136 kg / 300 lbs.

*All product specifications are subject to change without notice.

go with confidence™

VISION FITNESS®

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